



Los Angeles County
Mental Health Wellness Magazine

Minds & Matters

SPRING 2014

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UNIVISION JOINS LACDMH IN PROMOTING CLIENT SUCCESS STORIES

LACDMH has partnered with Univision for a local and statewide focus on mental health and client success stories. The Spanish-language network has agreed to include the segments, entitled “Una Mente, Una Vida,” on Channel 34 twice a month. The segments began Friday, January 17th and Saturday, January 18th.

“Una Mente, Una Vida” airs as part of Univision’s regular newscasts on Friday and Saturday nights in two parts: a client interview and a clinician interview. The goal of “Una Mente, Una Vida” is to increase awareness and discussion of mental health issues in our communities and decrease the stigma associated with having a diagnosis of mental illness.

Several clients and clinicians were interviewed from LACDMH for this series. Julio Cesar Ortiz, M.F.T., a reporter from Univision, and the LACDMH Public Information Office (PIO) collaborated on the project, committing to several months of featured stories. Univision reaches over 1.2 million viewers during the 11PM news broadcast and over 2 million during the 6PM broadcast.

After the stories aired, the LACDMH ACCESS Center would receive several calls from many people asking about LACDMH’s programs and services.

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Minds & Matters

From Marvin J. Southard, D.S.W., Director
Los Angeles County Department of Mental Health



SUNRISE, SUNSET: SWIFTLY PASS THE DAYS

Well, I finally stopped procrastinating and signed up for Medicare. This, of course, is a milestone that we all hope to reach, but it does call up a mood of reflection. God and the Board of Supervisors willing, I will work at LACDMH for a couple more years, but this reflective mood has me thinking about what you all as a team have accomplished here in Los Angeles as well as some of the things that I would hope to have us do or get started during my remaining tenure.

I think that you are far and away the best, most creative, innovative and caring public mental health system in California (I would say the nation but I do not know all of the national systems. Though, in general, California leads the rest). Our systems of care for 0-5 year olds, foster youth, TAY transitioning out of juvenile justice, adults in wellness centers, permanent supportive housing and full service partnership programs, and older adults served by Genesis are all outstanding because of our methodological sophistication in Program Support for which we can show impressive outcomes.

Our partnerships with clients, families and the community are solid, and those partnerships with law enforcement have been particularly fruitful, creating some of the best police-mental health programming in the country as well as robust crisis and disaster response. Our jail programs and Public Guardian, while operating in very difficult circumstances, have blossomed into model programs. We did all of this while improving our budget position through the years and beginning the implementation of a new electronic medical records system. There are many other amazing and stellar things that you all have accomplished, but these are a few.

So, what's next? I hope in the next couple of years we can complete our new linkages with primary care to address the physical health needs of our clients and solidify the integration of substance abuse treatment into our mental health recovery programs; that we can fully realize the potential of our budding partnerships with faith communities to add their resources to the recovery process; that we can move the Health Neighborhood concept from our beginning efforts to fully realized collaboratives; that we can strengthen our mental health provider network, so that we will be competitive in any future environment; that we think with communities about ways to support those coming out of jails and prisons more successfully; that we can make the social inclusion of those with mental illness the norm and not the exception; and, finally, that we can make our mental health service system in Los Angeles fully responsive to the diversity needs we see. There may be other priorities that you see as deserving our full attention and I would be glad to hear from any of you on this amazing team what they may be.

Marvin J. Southard, D.S.W.

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Employee Recognition

Retired

January 2014

Alta Postar, 12 yrs,
Carolyn Kim, 13 yrs,
Daniel Kim, 25 yrs,
Edward Mullins, 11 yrs,
Frances Keefe, 30 yrs,
Inocencia Nuccio, 9 yrs,
Perlita Ong, 20 yrs,
Rizalina Pasco, 27 yrs,
Willie Goods, 20 yrs

February 2014

Anna Nudelman, 35 yrs,
Christopher Chung,
24 yrs,
Imtiaz Basrai, 19 yrs,
Linda Ambrad, 11 yrs,
Marites Lo, 15 yrs,
Tulip Mitchell, 16 yrs,
Wilfred Paltanwala,
12 yrs

March 2014

Bich-Diem Ngo, 10 yrs,
Carolyn Padilla, 20 yrs,
Dolores Hernandez,
28 yrs,
Efrain Beliz, 14 yrs,
Elizabeth Bower, 21 yrs,
Francis Dewaele Jr.,
16 yrs,
Hla Yee, 8 yrs,
Honig Mark I., 39 yrs,
Jose Martires, 29 yrs,
Luzminda Lachica,
13 yrs,
Ronald Peteris, 19 yrs,
Rufino Pamaran, 12 yrs,
Scott Wallach, 21 yrs,
Sharon Eno, 29 yrs,
Teresa Yang, 19 yrs,
Zellastine Smith, 23 yrs



LACDMH'S PROFILES OF HOPE SERIES WINS SILVER TELLY AWARD

The Los Angeles County Department of Mental Health (LACDMH) was honored with a Silver Telly Award, the highest award given by the Telly Awards, for its *Profiles of Hope* series. The *Profiles of Hope* series won in the educational category. The campaign was entered by the series' production team, Showreel International, in partnership with LACDMH and the LACDMH Public Information Office.

The Telly Awards receives over 12,000 entries annually from all over the United States and the world from the finest ad agencies, production companies, TV stations, cable companies, interactive agencies and corporations. The Telly Awards honors the best in film and video productions, groundbreaking online video content, and outstanding local, regional and cable TV commercials and programs.

The Silver Telly Award is another award for the *Profiles of Hope* campaign which has already received recognition, having won two back-to-back Emmys in the Los Angeles market.

Congratulations to LACDMH, the LACMDH Public Information Office and Showreel International for this outstanding honor!

DR. HANUMANTHA DAMERLA RECEIVES LA COUNTY STARS! AWARD



Hanumantha (Hanu) Damerla, M.D., Supervising Mental Health Psychiatrist from the Los Angeles County Department of Mental Health (LACDMH), received the LA County STARS! award in the category of Service Excellence and Organizational Effectiveness at the Los Angeles County Board of Supervisors meeting on Tuesday, January 14, 2014.

Dr. Damerla currently serves as Medical Director for Juvenile Justice

Camps and the Dorothy Kirby Center. Dr. Damerla was nominated by TAYSOC Acting Deputy Director Terri Boykins, L.C.S.W., and TAYSOC District Chief, Juvenile Justice, Karen Streich. Dr. Damerla was recognized by the American Academy of Child and Adolescent Psychiatry as a Distinguished Fellow, its highest honor. His leadership efforts have played a vital role in the Department's compliance with the federal Department of Justice, improvement in the quality of effective juvenile rehabilitation and reducing stigma barriers by implementing family engagement, education and staff-related trainings.

The LA County STARS! is a countywide public employee recognition program that expands the opportunity to recognize and celebrate exceptional achievements of County employees each month.



LACDMH CELEBRATES GRAND OPENING OF MOSAIC GARDENS

By Karen Zarsadiaz-Ige, LACDMH Public Information Officer

On Wednesday, March 5th, the Los Angeles County Department of Mental Health (LACDMH) celebrated the grand opening of Mosaic Gardens at Huntington Park. The event was hosted by LINC Housing Corporation.

Located in Service Area 7, Supervisorial District 1, Mosaic Gardens is one of the Mental Health Services Act (MHSA) housing program projects. The housing community consists of 24 units. Fifteen of the 24 units are designated for Transition Age Youth (TAY) between 18-24 years old, including former foster youth who are currently served by LACDMH. The remaining units are reserved for low-income families.

Before moving into Mosaic Gardens, 23-year-old Shonn was living on Skid Row. He spent his teen-age years in the foster system and group homes. He shared how grateful he was to meet people who helped him get off the streets and into a safe place he could call home. "To have people like them, it's a blessing," Shonn told the audience. "Today is a special day for me... pretty much. There is good out there. You have to be optimistic. Here I am today – and the future is looking good." The future is looking bright for Shonn as he shared his plan to become a peer advocate for MHLA.

Mosaic Gardens at Huntington Park underwent a major transformation, turning a former vacant, 55-room motel into a new housing community. It's equipped with a community room, computer lab, playground, barbecues, courtyard and counseling rooms. The TAY living at Mosaic Gardens will continue to access LACDMH programs. And, all residents will have access to after

school programs, parenting classes, financial literacy workshops, and health and well-being programs.

"That's what we are here put on earth to do... to build community, make connections with one another and make lives better," said Marvin J. Southard, D.S.W., LACMDH Director. "As we build this community, we are building ourselves. Investing in the teens here, we are investing in our future and investing in ourselves."

Mosaic Gardens consists of studios, one-bedroom, two-bedroom and three-bedroom units. The development has been registered with the U.S. Green Building Council and is pursuing a LEED Platinum certification for its green features, including dual-pane low-e windows, solar hot water, drought tolerant landscaping and high-efficiency plumbing fixtures.

Besides LACDMH and the LINC Housing Corporation, the following companies all contributed to the development of Mosaic Gardens at Huntington Park: Advent Companies, Ahmanson Foundation, AMJ Construction Management, Inc., The California Endowment, California Housing Finance Agency Multifamily Finance, City of Huntington Park, Curacao Furniture, Huntington Park Police Department, Huntington Park Department of Public Works, JAG Interiors, Killefer Flammang Architects, Los Angeles County Supervisor Gloria Molina, Los Angeles County Housing Authority, Los Angeles County Community Development Commission, Raymond James Tax Credit Funds, Inc., Rio Hondo Community Mental Health Center, Roybal Family Mental Health Service, San Antonio Mental Health Center, So Cal HERS Raters, The John Stewart Company and U.S. Bank.



DOWNTOWN MHC HOSTS SPRING CONCERT

By Karen Zarsadiaz-Ige, LACDMH Public Information Officer

The Los Angeles County Department of Mental Health (LACDMH) Downtown Mental Health Center (MHC) hosted a spring concert for nearly 40 clients and staff on Wednesday, March 12th.

This year's spring concert featured Trio Dinicu, made up of violinist Luanne Homzy, guitarist Tommy Davy and bassist Frank Anastasio. The concert was presented by the nonprofit organization, Street Symphony. Street Symphony was founded by Los Angeles Philharmonic violinist Robert Gupta who wanted to bring classical music to downtown's Skid Row. Gupta made the Downtown MHC his home base for Street Symphony performances and has since arranged for several performances from different musical groups there.

Trio Dinicu performed several jazz and classical pieces as well as songs by request. "The music played by the Trio Dinicu touched all the clients that participated. This was evidenced by their interactions with the musicians during the concert as they verbalized their music and song requests," said Nahed Guirguis, LACDMH Downtown MHC Mental Health Clinical Program Head. "Several Spanish-speaking clients requested songs in Spanish. The musicians were happy to do it. Overall, the concert was an event that was enjoyed and appreciated by the clients."



THE APPOINTMENT LINE

In response to the expansion of Medi-Cal under the Affordable Care Act, the Los Angeles County Department of Mental Health (LACDMH) has created a new service for local Los Angeles managed care plans and their participating providers. The plans that see Medi-Cal beneficiaries currently include LA Care, HealthNet, Kaiser, Care First, Care More and Molina. Specified plan representatives or the participating primary care providers can now call the Appointment Line at the ACCESS Center, Monday through Friday from 8 am to 5 pm to schedule an appointment for those who need an urgent assessment.

In existence since January 2, 2014, the Appointment Line can only be accessed by the plans providing a screening form that outlines the criteria for being assessed as meeting the urgent need. However, it has been a huge success for both consumers and the managed care plans. Appointments can be made within minutes and clinics are typically seeing clients within 48 hours. One LA Care plan representative summed it up by saying this: "This is such an awesome service. Our members love it!"

Consumers needing immediate assistance as a result of a life threatening crisis or emergency and those requesting clinic referrals for routine assessments should continue to call the ACCESS Center at 800-854-7771.



LACDMH LAUNCHES CLERGY ACADEMY

The official launch of the Clergy Academy took place at White Memorial Medical Center in Los Angeles on Wednesday, January 29, 2014. Nearly 90 people attended this special event.

Created by the Los Angeles County Department of Mental Health (LACDMH), the Clergy Academy provides faith-based and community leaders with information about various mental health-related topics and social issues. The goal of the Academy is to build healthier communities by promoting mental health awareness, reducing stigma associated with mental illness and increasing access to quality mental health services. Through the Academy, participants can attend free presentations on any topic, such as crisis management, domestic violence, substance use, etc.

At the launch, hosted by UACF and Adventist Health, LACDMH Director Marvin Southard, D.S.W., explained how the program came about. "The call we listened to for this was from our clients... If we ignore the strength of recovery, we're ignoring what they're requesting," said Dr. Southard. He added that the Clergy Academy was the next step in helping clients and their families. "There are few families that aren't affected by mental illness... We are creating a greater opportunity for cross-fertilization between mental health and the faith community of all sorts... The real reason we are doing this is because the people are crying for it. Our clients are asking for it – the support."

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LACDMH Mission

Enriching lives through partnerships designed to strengthen the community's capacity to support recovery and resiliency.

Our Values

Integrity: We conduct ourselves professionally according to the highest ethical standards.

Respect: We recognize the uniqueness of every individual and treat all people in a way that affirms their personal worth and dignity.

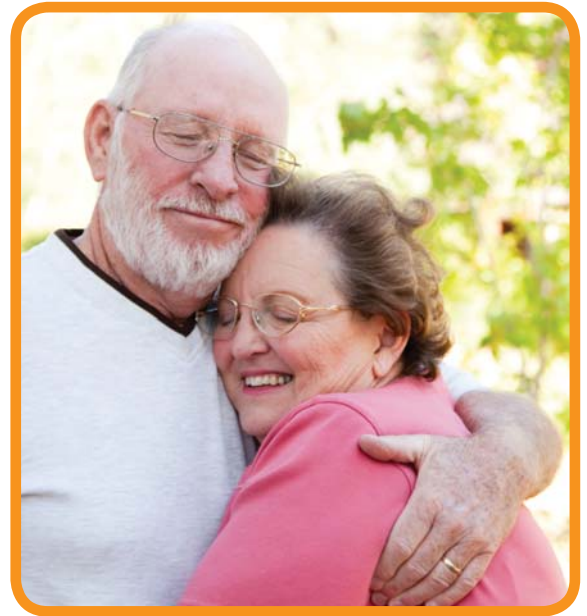
Accountability: We take responsibility for our choices and their outcomes.

Collaboration: We work together toward common goals by partnering with the whole community, sharing knowledge, building strong consensus, and sharing decision-making.

Dedication: We will do whatever it takes to improve the lives of our clients and communities.

Transparency: We openly convey our ideas, decisions and outcomes to ensure trust in our organization.

Quality and Excellence: We identify the highest personal, organizational, professional and clinical standards and commit ourselves to achieving those standards by continually improving every aspect of our performance.



Los Angeles County
Department of Mental Health
is dedicated to partnering with
clients, families and communities
to create hope, wellness and recovery.



<http://dmh.lacounty.gov>

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A Final Thought

MENTAL HEALTH AWARENESS MONTH

BY KATHLEEN PICHÉ, L.C.S.W., PUBLIC AFFAIRS DIRECTOR

May is Mental Health Awareness Month, and is intended to raise awareness about mental health and related issues. Although attitudes appear to be changing around the stigma and discrimination associated with mental illness, negative attitudes have existed since the late 1940's, when the first National Mental Health Awareness Week was launched. In the 1960's, the campaign was extended to an entire month in May. During this month, we are encouraged to take responsibility for preventing mental illness by making positive lifestyle choices in thought and action before problems manifest. This year, the LACDMH Public Information Office is promoting some exciting events and tools to support hope, wellness and recovery with clients, families and communities in Los Angeles County.

Univision Telethon: LACDMH has partnered with Univision to host a phone bank/telethon on **Thursday, May 29th from 5:30PM-11:30PM** on **Channel 34** in Los Angeles at the Univision studios. This event will help create awareness and discussion of mental health issues affecting Spanish-speaking communities. The telethon will be simultaneously viewed live in Los Angeles, Orange, Riverside, San Bernardino, Ventura and Kern counties. Nearly 40 Spanish-speaking volunteers will participate in answering calls and giving information and making mental health referrals, including the ACCESS line (1-800-854-7771).

Since January, 2014, LACDMH and Univision have worked together on a bi-weekly segment for its nightly news show, entitled "Una Mente, Una Vida," a discussion of mental health issues and decreasing the stigma associated with the diagnosis of mental illness. Julio Cesar Ortiz, M.F.T., Univision Reporter, and the LACDMH Public Information Office (PIO), collaborate on the project. Univision reaches over 2 million viewers during the weekend broadcasts. To watch a segment of "Una Mente, Una Vida," click here:

<http://t.co/wYs8HtsWbi>.



In April and May, LACDMH is promoting **Know the Signs**, a statewide suicide prevention campaign that targets susceptible groups, including young African American men, young Latinas and older Caucasian males. **Know the Signs** is built on messages of knowing the signs that lead to suicide, finding the words to talk about it and reaching out to those who may need help. For more information, see www.suicideispreventable.org.

Lastly, we continue to support **Lime Green Ribbon** campaign for mental health awareness. The lime green ribbon is associated with good mental health care and may motivate individuals and families to seek assistance for mental health, primary care and substance use issues, with the goal of eliminating the concurrent stigma and discrimination that accompany those seeking help.